

Woman's Page

LATEST FOOD RULINGS FROM THE U. S. FOOD ADMINISTRATION

To Housewives: Do you find it difficult to keep up with the latest news from the United States Food Administration headquarters? This little communication will reach you occasionally. It will keep you informed of the latest developments in our food situation.

Sugar Drive On
One of the most important and patriotic things which can be done right now is to SAVE SUGAR.

We must release some of the ship formerly used in the sugar trade to carry our soldiers and supplies to Europe.

We must make up the loss of the beet sugar lands and factories captured or destroyed by the Germans in northern France and Italy.

Ships which would have kept up the flow of sugar have been sunk. Twenty-six thousand tons of sugar were lost recently in submarine raids upon the Atlantic Coast.

Fifty thousand tons of sugar-carrying ships were transferred to meet the requirements of Belgian Relief.

As a few practical suggestions—use honey, syrups, sorghum, molasses, instead of sugar. Use dried fruits as a source of sugar. Eat plenty of fresh fruit and you will desire less sugar.

We may have a monthly allowance of two pounds of sugar per capita and there is besides this a limited amount for canning, to be distributed in accordance with regulations by the Federal Food Administrator of your state.

Surplus fruits and vegetables should be preserved in some manner, and canning, drying, fermentation processes are all to be encouraged. Fruit may be canned without sugar. Fruit may be bottled and saved for jellies making until sugar is more plentiful. Other sweeteners besides sugar may be used successfully in canning, jelly and jam making.

Meat Situation
Be very sparing in the use of beef. There is a sufficient amount of pork to permit its use as a means for relieving the pressure on beef. Mutton and lamb may be used. Parts of beef which cannot be shipped—heart, tongue, liver, sweetbreads, sausage—may be used freely.

Wheat Conservation Must Go On
Reports of a large harvest should not mislead us into thoughtless use of wheat. Preparedness for the next year of the war is most important. In times of plenty we must lay up reserve stocks. Wheat conservation must go steadily on.

A BERRY PATCH RESORT

This is a true story of events which happened in the days before there was any call for conservation. There is all the more need for making it come true now.

A family of five—mother, father, two boys and the baby—decided to go somewhere for an outing. One morning about five they left the house with a car filled with pails of all sorts and sizes, a wash-tub or two, and the necessary camping equipment. Father steered the old machine toward a blueberry patch which was miles away, and before daylight they set up camp right in the middle of the patch.

If you have never done it you can't imagine the joy of camping in the midst of a blueberry patch. When you close your eyes at night, blueberries as large as watermelons hang in giant bunches before your eyes. In the day time you feel like a six-year-old who has suddenly been made general manager of a candy store.

The family picked and picked. Even the baby sat on a blanket and filled a tin cup without moving from place to place. The family went home with the wash-tubs full of berries in the back seat and the boys riding on the running board.

This is a good time in which to imitate this thrifty family. No crop of berries is too large or too small to be neglected. A dish of fresh fruit for breakfast or a pint put up for winter is worth while. If you haven't time to clean off the few bushes in the pasture lot, let the neighbor's children do it.

Camping parties are the best solutions for taking care of the huge berry crop which go to waste yearly in almost every state. Instead of taking a five-hundred mile trip to a summer resort take it to a berry patch. Black berries, red raspberries, blue berries and several other kinds are abundant in many localities. Search them out and save them for winter.

FEW TYPES OF SHIPS.
WASHINGTON, Aug. 14.—Only a few types of ships are to be built in the future by the shipping board according to announcement today by Chairman Hurley and Director General Schwab of the Emergency Fleet Corporation. Greater production is expected to result from the building of a few standard types of ships.

ANOTHER RECRUIT.
He—Unless you consent to be mine I shall go to war.
She—All right. Remember now, that's a promise.

DON'T MIX 'EM UP

In home canning take one book of instructions and stick to it. For a free book that can be depended on send two cents for postage to the National War Garden Commission, Washington, D. C.

TO FOIL THE RATS

Home driers, don't let the rats get your dried vegetables or fruits. Write to the National War Garden Commission, Washington, D. C., for free book of instructions on canning and drying, sending two cents for postage.

DON'T MAKE 'EM SHIVER

In cold-dipping as in all other steps in home canning you must follow the rules. They are given in the free book issued by the National War Garden Commission, Washington, D. C. Write for copy, sending two cents for postage.

Announcement

We wish to announce that on August 12, 1918, our Dry Cleaning Department was put in operation. We have installed the most modern machinery; our expert in charge of the department has had a lifetime of experience; our tailor is one of the best in the west; therefore, we feel that we can give the people of Ogden the best work they have ever had in the Dry Cleaning line.

Model LAUNDRY

2147-53 Royal Avenue Royal 367-8

MRS. BURBANK GAINS 32 POUNDS

Had Been Going Down Hill Four Years Before Taking Tanlac.

One of the latest to testify to the remarkable reconstructive powers of the medicine is Mrs. Anna Burbank, who resides at 3232 Second avenue, West, Seattle, Wash. Mrs. Burbank came in the Bartlett Drug store in company with her husband recently and made the following statement, stating that she had actually gained thirty-two pounds.

"I can't say," stated Mrs. Burbank in describing her case, "that I had any special ailment, but for the last four years I have been gradually losing weight and strength, and going down hill. My appetite was so poor, that I never cared for anything to eat. I was dreadfully constipated, and suffered a great deal with headaches and pains in my back. I was completely run down and tired out all the time, and hardly had energy enough to drag myself around. Nothing did me any good, and I fell off in weight until I was hardly more than a frame.

"When I began taking Tanlac, I weighed only ninety-five pounds. I had been reading so much about how others had been benefited, and were gaining in weight by taking Tanlac, that I made up my mind to see what it would do for me and the results have been far more than I ever expected. I now weigh one hundred and twenty-seven pounds—having actually gained thirty-two pounds in a little more than a month—and am still gaining. I am always ready for my meals now with a fine appetite, and have gotten rid of all the headaches and pains in my back, and my tired feeling. I am now feeling strong, and full of life and energy. I can recommend Tanlac to anyone in a run down condition, for it certainly has built me up wonderfully."

Tanlac is sold in Ogden by A. R. McIntyre Drug Co., Eccles Bldg.—Advertisement.

AIRPLANE SEIZED IN SALT LAKE CITY

SALT LAKE, Aug. 5.—To have their scientific research nipped and their hope of winning a place in the hall of fame completely blasted was the fate yesterday of H. S. Erickson, Caldwell Adams and Wayne Browning when federal officers confiscated a monoplane to the construction of which they had devoted a year of effort, turning it over to the military authorities at Fort Douglas, by whom it was dismantled.

Ignorant of the fact that they were engaged in a work prohibited by the war department, the three boys began construction of the flying machine nearly a year ago, working according to plans and specifications received from Los Angeles, but which they modified and improved according to their own ideas. The machine was sixteen feet long, with a 30-foot spread, and was constructed of silver spruce. It was equipped with an engine taken from a motorcycle.

The existence of the machine became known to the federal officers last Tuesday, when a report was made that a flying machine was seen on F street in tow of an automobile.

BOMB ATTACKS ON VESLE FRONT

Heaviest Aerial Bombardment Since Germans Halted Occurs on American Front Line.

WITH THE AMERICAN ARMY ON THE VESLE, Aug. 14.—(By the Associated Press.)—From one end to the other of the Franco-American line between Soissons and Rheims and far into the back areas, the Germans dropped bombs from the air in flights today. The remainder of the day was confined to a sluggish reciprocal artillery duel.

On the flanks of the position, which are held by the French, light attacks were repulsed during Tuesday night. The French also were subjected to bomb attacks. At no point has there been any alteration in the line.

Not since the German retreat halted has there been aerial raids of the magnitude of the one today. The Americans stood up well under the bombardment. The front line was pounded and almost every village and the roads between were subjected to the bombardment but the great number of bombs fell on unoccupied ground. This was taken to indicate that the German airmen were striking more or less blindly. Allied anti-aircraft guns hampered the enemy somewhat.

The present German line, which is still regarded as only a temporary one, depends on a defense of machine guns and airplanes. The enemy has concentrated machine guns at about one every fifty yards, a density rarely effected. Their aerial defense relatively is far superior to any established hitherto on this front.

THE FINEST LITTLE REASON.
"I say, old man, do you happen to have a five you are not using?"
"Why, yes, here you are."
"Thanks! But, I say, this looks like a counterfeit!"
"It is. That's why I'm not using it."

Bluhill

Green Chile Cheese a regular square meal for a dime!

GIRL IS MARRIED BY OWN MOTHER



MRS. FLOYD GLAZE (BELOW) AND HER DAUGHTER, MRS. LEE GARMON (ABOVE).

To have your wedding ceremony performed by your mother seems rather singular, for a mother's tears, kisses and blessings are always supposed to start the daughter down the honeymoon trail, but Miss Hope Mason got off the beaten path and the marriage ceremony changing her name to Mrs. Lee Garmon was performed by her mother, Mrs. Floyd Glaze, a Christian church evangelist.

GOLD PRODUCERS ASKING RELIEF

Claim Gold Mining Industry Is Threatened With Extinction Under Present Circumstances.

RENO, Nev., Aug. 14.—The American Gold Conference concluded a three-day session here today. After declaring that many mines have been forced to cease operating because of increased cost of operating in the last six months; many others are now running at a loss and are about to be closed down or abandoned and that a large portion of the gold mining industry is now threatened with extinction, the conference adopted a resolution requesting:

"Relief by the United States to the gold producers of this country to correspond with the increased cost of production, the extent of such relief to be fixed from time to time to meet changing conditions."

"That nothing contained in these resolutions as passed is to be construed as meaning an intention to alter the amount of gold in the dollar or to place a premium on gold."

The conference then voted to make the organization permanent with representatives from all the gold producing states and to open an office in Reno for the transaction of future business.

CHICAGO BOYS PROVE VALOR

Exchange Uniforms With Australians and Go Over Top in Big Fight.

WASHINGTON, Aug. 14.—The sixteen Chicago boys recently decorated by King George for valor probably were engaged in the fourth of July fight at Hamel and won their laurels because they were not to be denied their share of the fighting.

It is now known that just before the zero hour, the British commander felt that some of the American troops had not been long enough in training to go over the top and ordered them out of the line. With much protesting of regrets the American soldiers retired and their Australian comrades went over the top. When the casualties were counted American soldiers were found in the dressing stations, dressed in Australian uniforms.

It developed that the Americans after retiring to the rear, had found Australian comrades not in the fighting, traded uniforms with them and then worked their way back to the Australian units and went over the top with them. The troops which performed the heroic feat have not finally been identified, but it is known that Illinois troops were in the fighting on that day before Hamel and it is believed that the sixteen Chicago boys decorated by the king probably were among the dare-devil heroes who were not to be kept out of their chance.

PRICE OF BAR SILVER IS FIXED AT \$1.00

NEW YORK, Aug. 14.—The fixing of the price of bar silver by the British government at 48 13-16d per ounce is in accordance with the arrangement recently entered into between this government and the British government for the purpose of stabilizing the East Indian market. The price in the United States for pure silver was fixed at \$1 per ounce which is approximately the equivalent of the price fixed in London.

U. S. ATTITUDE IS MADE CLEAR

Instructions to Labor Delegates Show People Are Solidly Behind President.

NEW YORK, Aug. 14.—William England Walling, secretary of the Social Democratic League, made public tonight the text of the organization's instructions to its mission now visiting the allied countries. This was done, Mr. Walling explained because the league had received information certain statements of members of the mission had been used by "pacifist fanatics" in Europe to give the impression that the American people were not behind the president.

The following were their instructions in respect to the proposed international Socialist conference:

"1. All delegates admitted to the conference must accept as the minimum peace terms of democracy the fourteen principles formulated by President Wilson on January 8, and the similar peace terms adopted by the entire Socialist and the British labor party at London on February 20.

"2. All delegates must recognize this war as being a war between autocracy and democracy, and the final victory must be a triumph for democracy.

"3. All delegates from autocratic countries must be using their full power for the immediate overthrow of their autocratic governments."

Explaining these instructions Mr. Walling said:

"The importance of these instructions are clear when it is realized that without them an international Socialist conference would be composed of at least 90 per cent of kaiserists, Bolsheviks, pro-Germans, pro-Bolsheviks, pacifist fanatics, pacifist compromisers and traitors."

"And the power and threat of these treacherous forces must not be underestimated, even in England and France. Of the 300 parliamentary candidates of the labor party so far chosen some 225 are pacifists. While there is little danger that the majority of these can be elected there is grave danger that very many may be.

In France two-thirds of the Socialist party led by Louget and an even larger part of the unions, are in the pacifist camp, in bitter opposition to their own government and anxious to meet any and all enemy Socialists—the Scheidemann kaiserists specifically included."

EMPLOYMENT FOR INTERNS PROPOSED

SHREVEPORT, La., Aug. 14.—Employment of interned aliens and other federal and war prisoners in the construction of good roads was urged in the report of President John S. Bleeker of Columbus, Ga., to the fifth annual convention of the Dixie Overland Highway association.

In the absence of the president the report was read by Dr. S. M. Johnson of Roswell, N. M.

Bert K. Smith of Fort Worth, Texas, was chosen president and Fort Worth was chosen as headquarters for the year. Other officers elected included Dr. S. M. Johnson, Roswell, N. M., and Ed. Fletcher, San Diego, Cal., vice-presidents.

FOURTH OF JULY OVER IN FRANCE

The Ogden theater has secured the popular photoplay, "The Fourth of July in France," which will be shown. The securing of this stirring picture is right in line with the policy of the Ogden, of securing the patriotic features for the people of this city, such as "Over the Top," "Pershing's Crusaders," and the allied nations war review.

The picture of how the American Independence day was celebrated in France is one that will long live in the memory of the spectator. It shows that France celebrated the Fourth of July, 1918, in a manner which will never be forgotten in Yankee land. Despite the far flung line of battle, our French comrades, their wives and sweethearts, joined with us in patriotic zeal, welcoming our national holiday as it were their own.

The first scene are those taken in an Alsatian village, which was torn from the Hun's grasp by OUR BOYS. We see the French officers welcoming the Yanks—the girls of Alsace welcoming the American soldiers and then "The Star Spangled Banner" played by the band while Old Glory and the tri-colored flag waving from almost every home.

After Alsace we go to Paris, where we see the populace turned out en masse to greet our boys and lay wreaths at the foot of the Washington monument in the Place d'Jena—back of the monument stretches that magnificent thoroughfare formerly known as the Avenue Trocadero but now rechristened the Avenue President Wilson. We see the reviewing stand with all the big men of France and the ambassadors and representatives of the big nations of the world reviewing the thousands of American soldiers and Red Cross girls marching down the

Many School Children are Sickly
Mothers who value their own comfort and the welfare of their children, should never be without a box of Mother Gray's Sweet Powders for Children, for use throughout the season. They Break up Colds, Relieve Feverishness, Coughing, Teething Disorders, Headache and Stomach Troubles. Used by mothers for 50 years. THESE POWDERS NEVER FAIL. All Drug Stores, Etc. Don't accept any substitute. Sample FREE. Address, Mother Gray Co., Le Roy, N. Y.

CHICHESTER'S PILLS

THE DIABETIC REMEDY. Latham's Ask your Druggist for Chichester's Pills in Red and Gold metallico boxes, sealed with Blue Ribbon. Take no other. Buy of Druggist, Apothecary, Chemist, or of the famous Dispensary, 111, 113, 115, 117, 119, 121, 123, 125, 127, 129, 131, 133, 135, 137, 139, 141, 143, 145, 147, 149, 151, 153, 155, 157, 159, 161, 163, 165, 167, 169, 171, 173, 175, 177, 179, 181, 183, 185, 187, 189, 191, 193, 195, 197, 199, 201, 203, 205, 207, 209, 211, 213, 215, 217, 219, 221, 223, 225, 227, 229, 231, 233, 235, 237, 239, 241, 243, 245, 247, 249, 251, 253, 255, 257, 259, 261, 263, 265, 267, 269, 271, 273, 275, 277, 279, 281, 283, 285, 287, 289, 291, 293, 295, 297, 299, 301, 303, 305, 307, 309, 311, 313, 315, 317, 319, 321, 323, 325, 327, 329, 331, 333, 335, 337, 339, 341, 343, 345, 347, 349, 351, 353, 355, 357, 359, 361, 363, 365, 367, 369, 371, 373, 375, 377, 379, 381, 383, 385, 387, 389, 391, 393, 395, 397, 399, 401, 403, 405, 407, 409, 411, 413, 415, 417, 419, 421, 423, 425, 427, 429, 431, 433, 435, 437, 439, 441, 443, 445, 447, 449, 451, 453, 455, 457, 459, 461, 463, 465, 467, 469, 471, 473, 475, 477, 479, 481, 483, 485, 487, 489, 491, 493, 495, 497, 499, 501, 503, 505, 507, 509, 511, 513, 515, 517, 519, 521, 523, 525, 527, 529, 531, 533, 535, 537, 539, 541, 543, 545, 547, 549, 551, 553, 555, 557, 559, 561, 563, 565, 567, 569, 571, 573, 575, 577, 579, 581, 583, 585, 587, 589, 591, 593, 595, 597, 599, 601, 603, 605, 607, 609, 611, 613, 615, 617, 619, 621, 623, 625, 627, 629, 631, 633, 635, 637, 639, 641, 643, 645, 647, 649, 651, 653, 655, 657, 659, 661, 663, 665, 667, 669, 671, 673, 675, 677, 679, 681, 683, 685, 687, 689, 691, 693, 695, 697, 699, 701, 703, 705, 707, 709, 711, 713, 715, 717, 719, 721, 723, 725, 727, 729, 731, 733, 735, 737, 739, 741, 743, 745, 747, 749, 751, 753, 755, 757, 759, 761, 763, 765, 767, 769, 771, 773, 775, 777, 779, 781, 783, 785, 787, 789, 791, 793, 795, 797, 799, 801, 803, 805, 807, 809, 811, 813, 815, 817, 819, 821, 823, 825, 827, 829, 831, 833, 835, 837, 839, 841, 843, 845, 847, 849, 851, 853, 855, 857, 859, 861, 863, 865, 867, 869, 871, 873, 875, 877, 879, 881, 883, 885, 887, 889, 891, 893, 895, 897, 899, 901, 903, 905, 907, 909, 911, 913, 915, 917, 919, 921, 923, 925, 927, 929, 931, 933, 935, 937, 939, 941, 943, 945, 947, 949, 951, 953, 955, 957, 959, 961, 963, 965, 967, 969, 971, 973, 975, 977, 979, 981, 983, 985, 987, 989, 991, 993, 995, 997, 999, 1001, 1003, 1005, 1007, 1009, 1011, 1013, 1015, 1017, 1019, 1021, 1023, 1025, 1027, 1029, 1031, 1033, 1035, 1037, 1039, 1041, 1043, 1045, 1047, 1049, 1051, 1053, 1055, 1057, 1059, 1061, 1063, 1065, 1067, 1069, 1071, 1073, 1075, 1077, 1079, 1081, 1083, 1085, 1087, 1089, 1091, 1093, 1095, 1097, 1099, 1101, 1103, 1105, 1107, 1109, 1111, 1113, 1115, 1117, 1119, 1121, 1123, 1125, 1127, 1129, 1131, 1133, 1135, 1137, 1139, 1141, 1143, 1145, 1147, 1149, 1151, 1153, 1155, 1157, 1159, 1161, 1163, 1165, 1167, 1169, 1171, 1173, 1175, 1177, 1179, 1181, 1183, 1185, 1187, 1189, 1191, 1193, 1195, 1197, 1199, 1201, 1203, 1205, 1207, 1209, 1211, 1213, 1215, 1217, 1219, 1221, 1223, 1225, 1227, 1229, 1231, 1233, 1235, 1237, 1239, 1241, 1243, 1245, 1247, 1249, 1251, 1253, 1255, 1257, 1259, 1261, 1263, 1265, 1267, 1269, 1271, 1273, 1275, 1277, 1279, 1281, 1283, 1285, 1287, 1289, 1291, 1293, 1295, 1297, 1299, 1301, 1303, 1305, 1307, 1309, 1311, 1313, 1315, 1317, 1319, 1321, 1323, 1325, 1327, 1329, 1331, 1333, 1335, 1337, 1339, 1341, 1343, 1345, 1347, 1349, 1351, 1353, 1355, 1357, 1359, 1361, 1363, 1365, 1367, 1369, 1371, 1373, 1375, 1377, 1379, 1381, 1383, 1385, 1387, 1389, 1391, 1393, 1395, 1397, 1399, 1401, 1403, 1405, 1407, 1409, 1411, 1413, 1415, 1417, 1419, 1421, 1423, 1425, 1427, 1429, 1431, 1433, 1435, 1437, 1439, 1441, 1443, 1445, 1447, 1449, 1451, 1453, 1455, 1457, 1459, 1461, 1463, 1465, 1467, 1469, 1471, 1473, 1475, 1477, 1479, 1481, 1483, 1485, 1487, 1489, 1491, 1493, 1495, 1497, 1499, 1501, 1503, 1505, 1507, 1509, 1511, 1513, 1515, 1517, 1519, 1521, 1523, 1525, 1527, 1529, 1531, 1533, 1535, 1537, 1539, 1541, 1543, 1545, 1547, 1549, 1551, 1553, 1555, 1557, 1559, 1561, 1563, 1565, 1567, 1569, 1571, 1573, 1575, 1577, 1579, 1581, 1583, 1585, 1587, 1589, 1591, 1593, 1595, 1597, 1599, 1601, 1603, 1605, 1607, 1609, 1611, 1613, 1615, 1617, 1619, 1621, 1623, 1625, 1627, 1629, 1631, 1633, 1635, 1637, 1639, 1641, 1643, 1645, 1647, 1649, 1651, 1653, 1655, 1657, 1659, 1661, 1663, 1665, 1667, 1669, 1671, 1673, 1675, 1677, 1679, 1681, 1683, 1685, 1687, 1689, 1691, 1693, 1695, 1697, 1699, 1701, 1703, 1705, 1707, 1709, 1711, 1713, 1715, 1717, 1719, 1721, 1723, 1725, 1727, 1729, 1731, 1733, 1735, 1737, 1739, 1741, 1743, 1745, 1747, 1749, 1751, 1753, 1755, 1757, 1759, 1761, 1763, 1765, 1767, 1769, 1771, 1773, 1775, 1777, 1779, 1781, 1783, 1785, 1787, 1789, 1791, 1793, 1795, 1797, 1799, 1801, 1803, 1805, 1807, 1809, 1811, 1813, 1815, 1817, 1819, 1821, 1823, 1825, 1827, 1829, 1831, 1833, 1835, 1837, 1839, 1841, 1843, 1845, 1847, 1849, 1851, 1853, 1855, 1857, 1859, 1861, 1863, 1865, 1867, 1869, 1871, 1873, 1875, 1877, 1879, 1881, 1883, 1885, 1887, 1889, 1891, 1893, 1895, 1897, 189